



U.S. Department
of Veterans Affairs

Welcome to 2022. Let's MOVE!

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January

1 Tuesday

1-364
New Year's Day

NEW YEAR —
FRESH START!





Learning Objectives

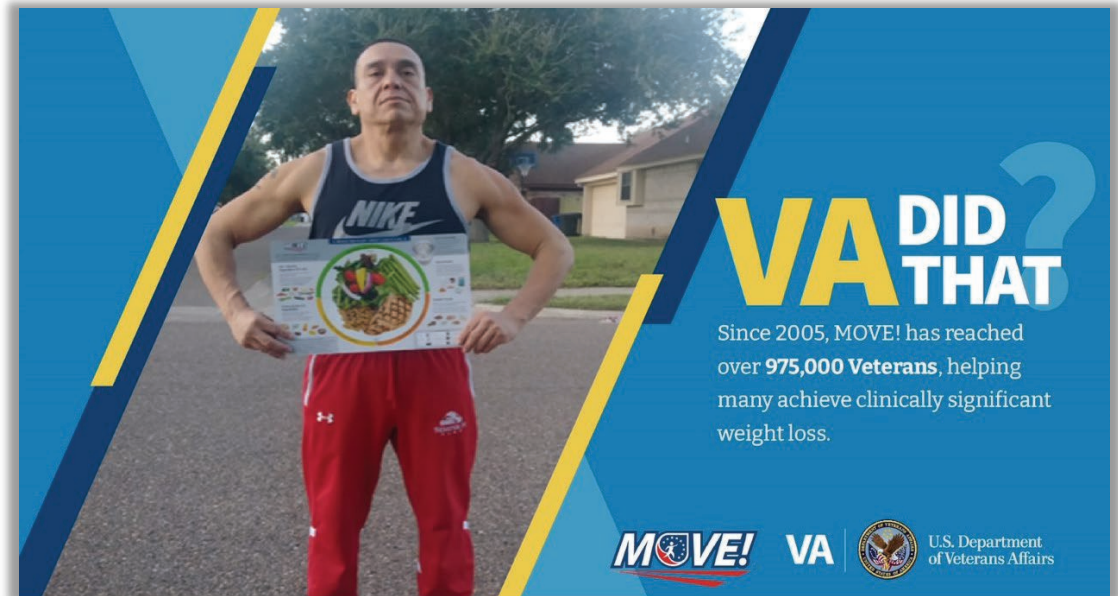
At the conclusion of this training, VA clinicians should be able to:

- Know about the VA's MOVE! Weight Management Program for Veterans
- Recall key features of MOVE! Coach App
- Be familiar with the My App List tool at the VA App Store




MOVE! Weight Management Programs for Veterans

- Evidence-based, population-focused behavioral weight management
- Assists Veterans in achieving clinically significant weight loss
- Guided by national policy, aligned with [VA/DoD Obesity Clinical Practice Guideline](#)
- Interdisciplinary team led by facility MOVE! Coordinators and Provider Champions, VISN MOVE! Coordinators





MOVE! Success Stories



VA DID THAT?

"I started coming to the main medical center for my MOVE! classes, so I could get **care for PTSD, health coaching, and participate in the walking program.**"

—Vietnam Veteran George Petterson, who has lost over 70 lbs with MOVE!

MOVE! VA U.S. Department of Veterans Affairs



VA DID THAT?

"I feel healthier. I can do more things and **I have more energy.** My joints feel much better!"

—Veteran Darlene Weigand who lost 90 lbs with MOVE!

MOVE! VA U.S. Department of Veterans Affairs

[Success Stories - MOVE! Weight Management Program \(va.gov\)](https://va.gov)

[YouTube Video - #VADidThat: A Weight Management Program That's So Much More](#)



MOVE! Promotes Proactive Health and Well-being

Comprehensive Lifestyle Intervention
supports the 8 components of self-care

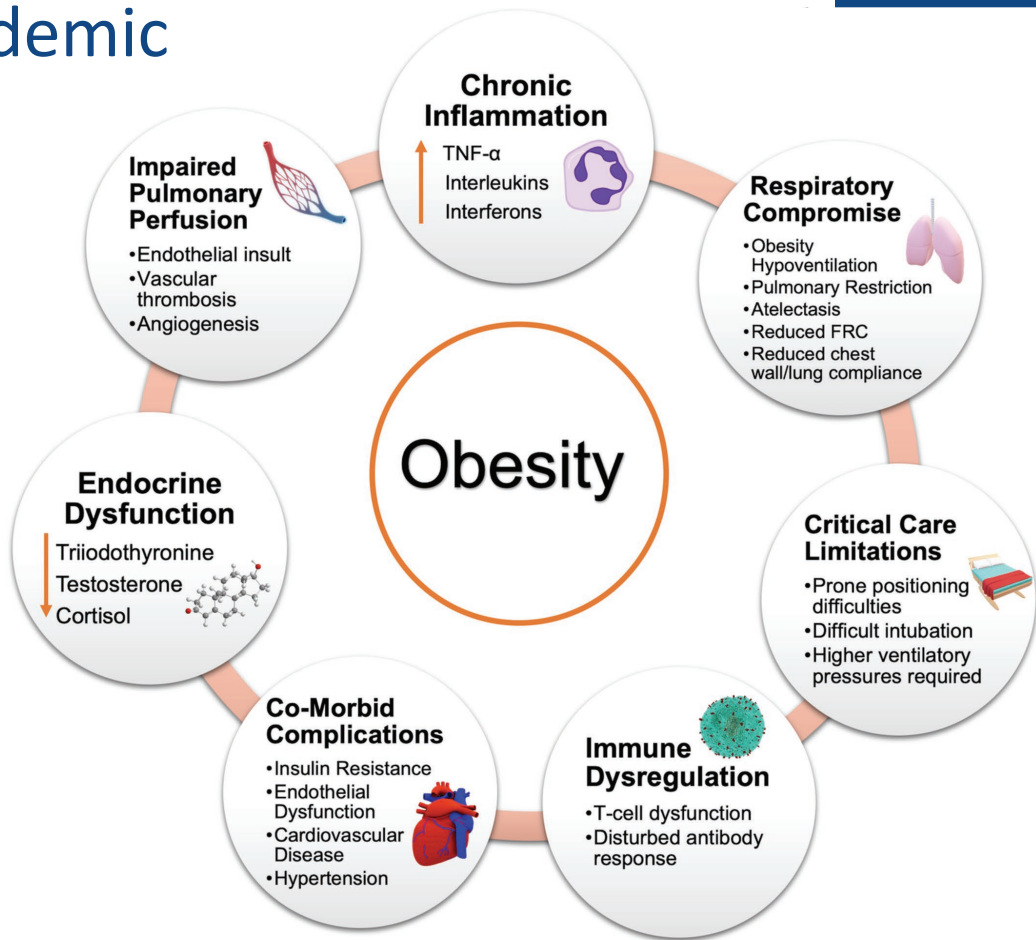
MOVE! Promotes

- Healthy eating
- Being physically active
- Building/maintaining social support
- Skill building
- Mindful awareness & stress reduction
- Building/maintaining a healthy environment





A critical risk factor in the COVID-19 pandemic



Clinical Obesity, Volume: 10, Issue: 6,
First published: 28 August 2020,
DOI: (10.1111/cob.12403)



Veterans can MOVE! their own way

MOVE! with a Health Care Team



MOVE! Comprehensive Lifestyle Intervention offers a variety of flexible options. MOVE! Groups have the greatest evidence of success and are the most common way Veterans participate.

One-on-one sessions are also available.

This format includes:

- Consultation with a MOVE! clinician.
- Support from a team of health care professionals.
- Customized weight management plan based on the Veteran's health conditions and personal health goals.
- Structured discussion about weight management tools and strategies.
- In-person, phone, or video participation options.
- Long-term support for weight maintenance.

MOVE! on Your Own



MOVE! Coach is a mobile app for Veterans who prefer to manage their weight on their own. It is available on all iOS and Android devices. It includes:

- 16 specialized modules to help Veterans manage weight and get healthier.
- Educational videos, games, and worksheets.
- Tools to help set and meet your personal health goals.
- Progress and summary reports to help keep track of your goals.
- Problem-solving tools to help guide Veterans through common challenges.



Veterans can MOVE! their own way

Independent App User

- Available on the Apple and Google Play App Stores



MOVE! Coach with Care

- Veterans can schedule coaching sessions with a MOVE! clinician at participating facilities





MOVE! Coach



Weight management tool to help Veterans reach healthy living and weight loss goals.

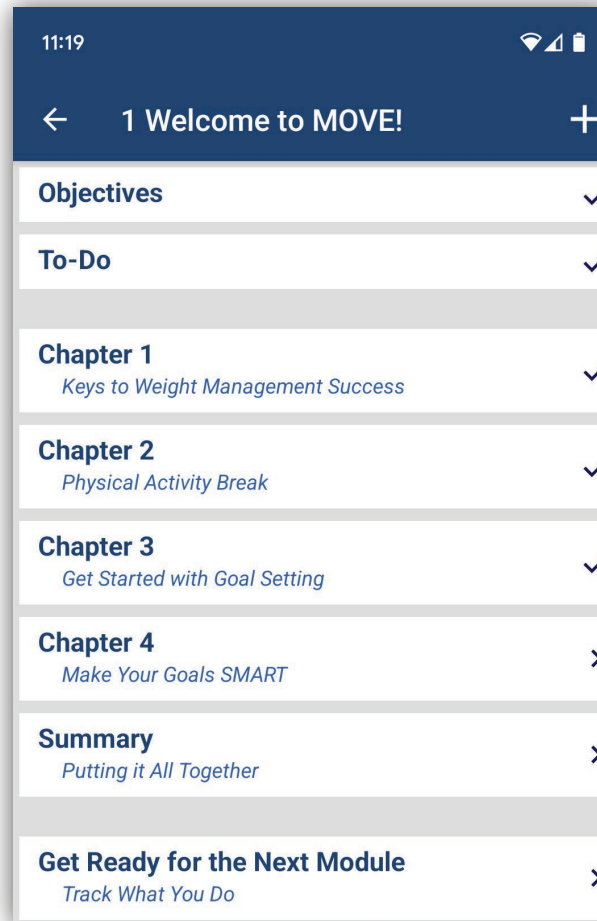
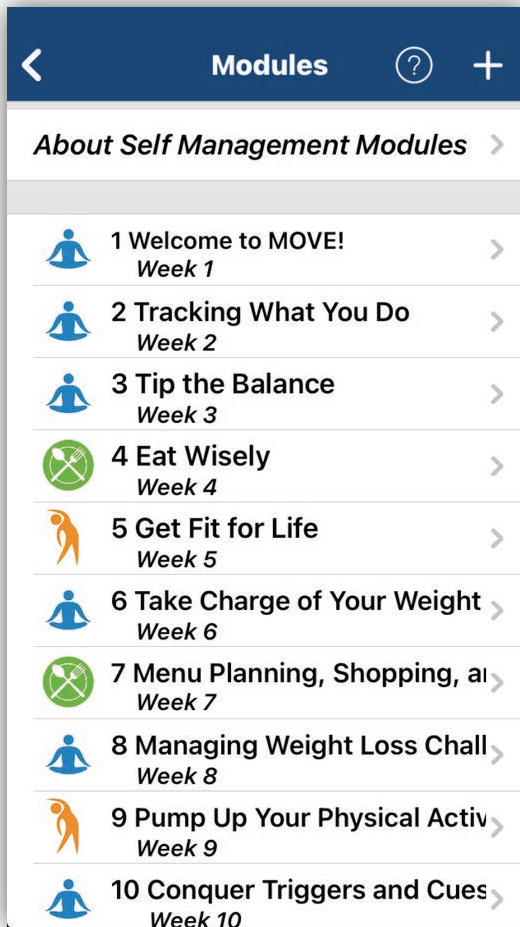
- Includes 16 self-management modules on diet, exercise, and behavior change aligned with the MOVE! Veteran Workbook
- Track weight, exercise, and dietary goals
- Provides stress management tools



MOVE! Coach App



Self-Management



Ch 1: Video, activity, and enter reasons for joining MOVE!

Ch 2: Video

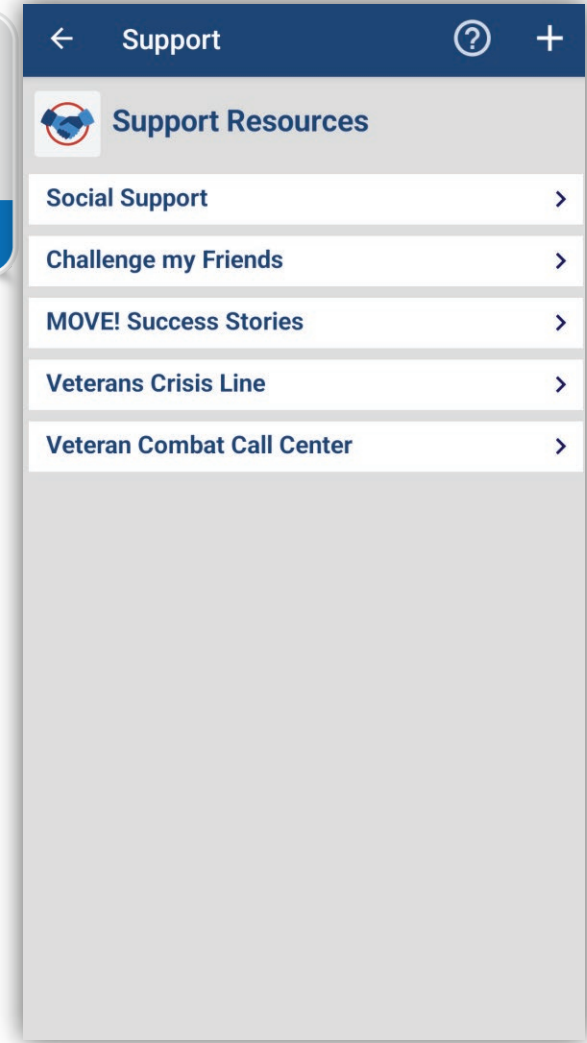
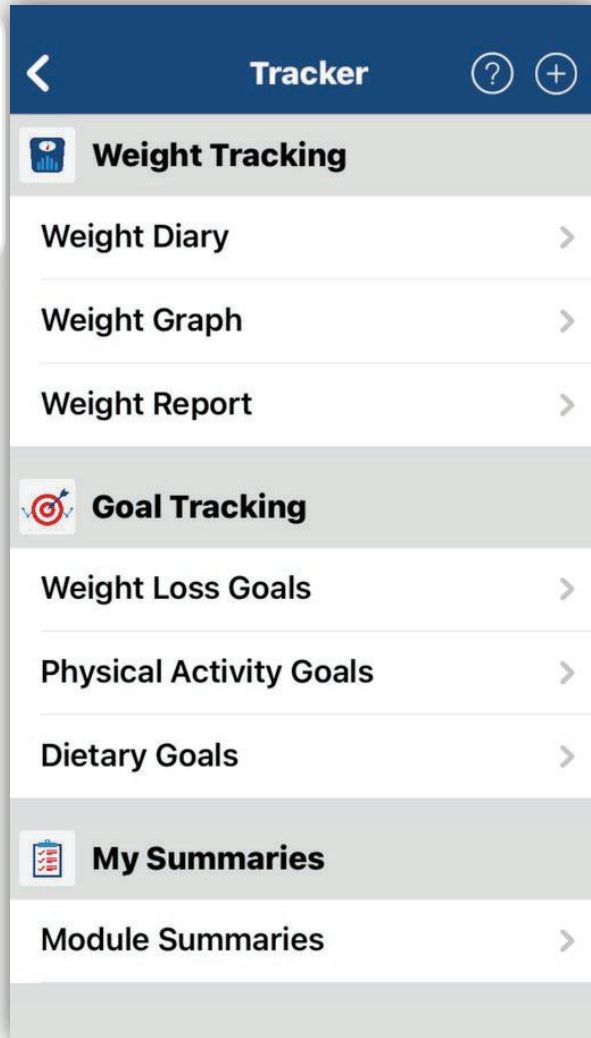
Ch 3: Enter weight loss goal, take starting photo

Ch 4: Enter exercise and healthy eating goals

Summary: Link to MOVE! Veteran Workbook, summary of entries

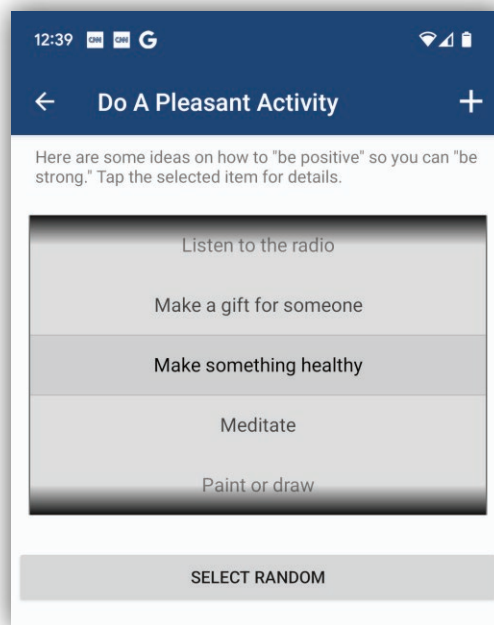
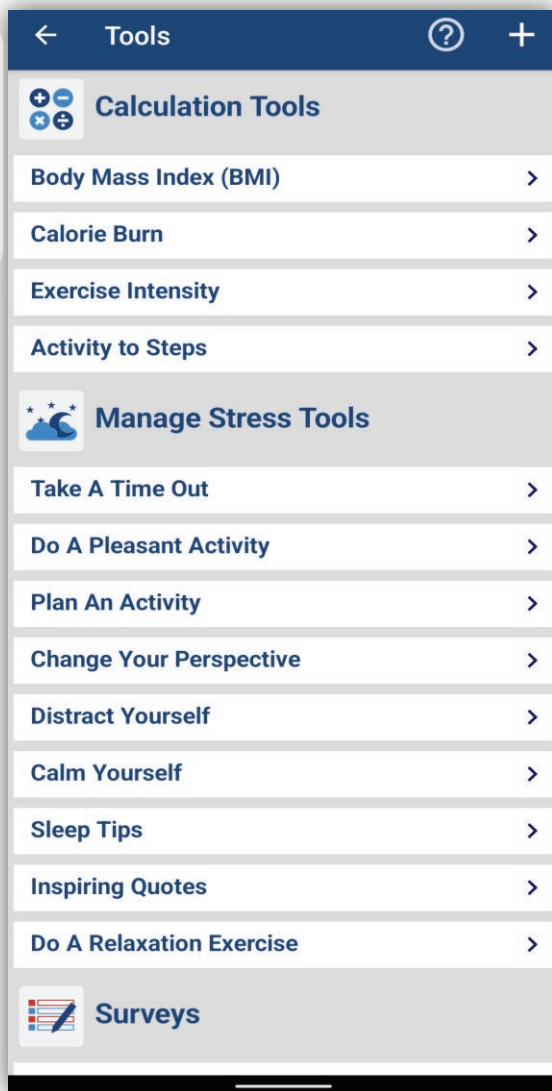


MOVE! Coach App





MOVE! Coach App





MOVE! Coach App

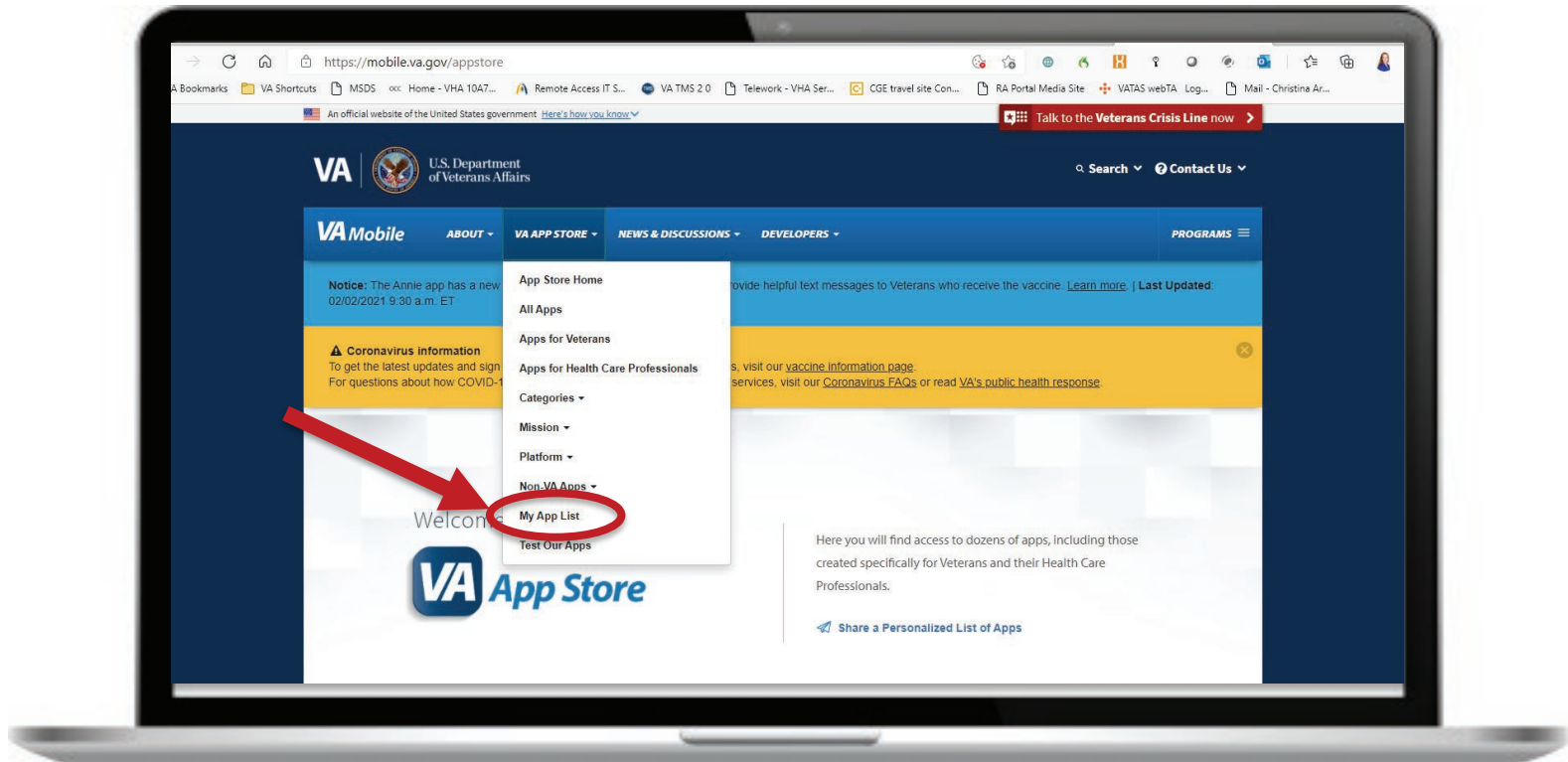




My App List

2 ways to access

1. Access it directly at: <https://mobile.va.gov/my-app-list>
2. Find it on the dropdown menu in the VA App Store:





My App List

How does it work?

- Find apps you like and click **+Add to List**
- Apps are added to your 'cart'

The screenshot displays a grid of health applications available for Veterans. Each app card includes an icon, a title, a brief description, a 'Quick Features' link, and an action button. The apps shown are:

- Exposure Ed** (VA Mobile): Helpful resource for exposure-related health impacts. Action: **+ Add to List**
- Insomnia Coach**: Guided training and tips to help you track insomnia and improve sleep. Action: **+ Add to List**
- Live Whole Health** (VA Health): Learn skills to help you reach your whole health goals. Action: **+ Add to List**
- MOVE! Coach** (VA Health): Lose weight with this app's 19-week weight loss program. Action: **- Remove from List**
- Preconception Care** (VA Health): Preconception care resource for female Veterans. Action: **+ Add to List**
- Stay Quit Coach**: Create a tailored plan to quit smoking and stay smoke-free. Action: **+ Add to List**
- VetChange**: Develop healthier drinking habits through this app's tools and guidance. Action: **+ Add to List**

At the bottom of the interface, there is a text prompt: "Add the Apps You'd Like To Share" and a green button labeled "Review List of 1 App" with an external link icon.



My App List

Share your app list

Share 1 App

MOVE! Coach
Lose weight with this app's 19-week weight loss program.
[Quick Features >](#)

[Remove from List](#)

Review your selections below and select to either Email or Print your recommendations.

[Print Recommendations](#)

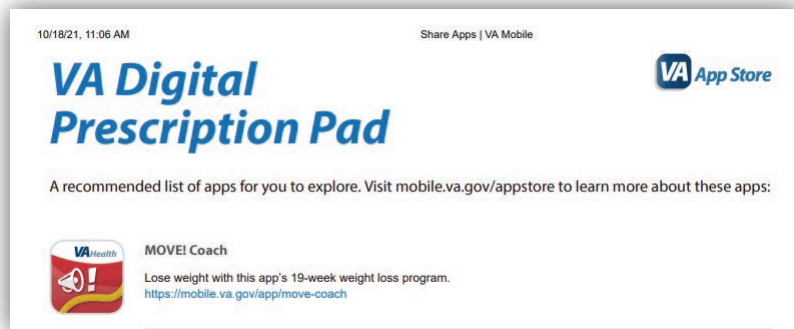
[Email Recommendations](#)



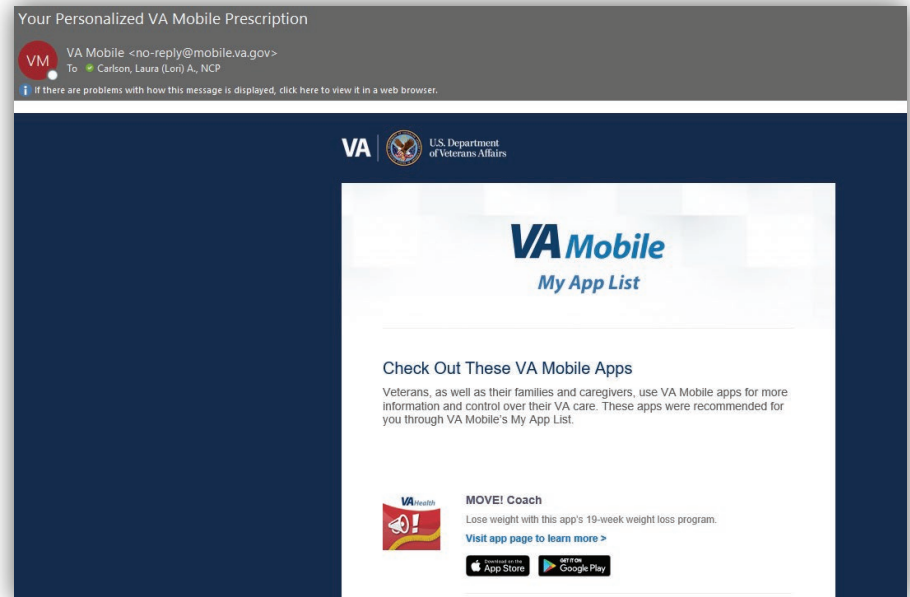
My App List

What does the sent list look like?

Printed app list



Emailed app list





MOVE! Coach Resources

MOVE! Website

MOVE! Coach Learn More page to learn more about the app:

<https://www.move.va.gov/movecoach.asp>

VA Mobile Website

Training materials including a user manual, quick start guide, slideshow, and FAQs are available via: <https://mobile.va.gov/app/move-coach>



Additional Resources

Clinician's Guide: Virtual Weight Management Helping Clinicians Choose Virtual Tools for Veterans

● iOS ▲ Android ■ Web
Ⓞ Requires login ■ Options

Clinical Video
Telehealth



VA Video
Connect



Annie
(Weight Management
Protocol)



MOVE!
Coach

Low Acuity Low
Intensity (L2)
(Weight Management
Protocol)

TeleMOVE!
Home Telehealth

| | Where to access virtual care tool and training materials | Local Consult: vaww.telehealth.va.gov/ | mobile. va.gov/app/ va-video- connect | For Clinicians: mobile.va.gov/ app/annie- app-clinicians | mobile.va.gov/ app/move- coach | Local Consult: vaww.telehealth.va.gov/ | |
|-----------------------------|--|---|--|---|--------------------------------------|---|---------------------------|
| | | ■ | ● ▲ ■ | ■ | ● ▲ | ■ | |
| Participant Characteristics | Thinking about losing weight | X | X | X | X | | |
| | Ready to participate in weight management program | X | X | X | X | X | X |
| | Weight maintenance | X | X | X | X | X | X |
| | Desires independent learning | | | X | X | | |
| | Multiple obesity-related comorbid conditions | X | X | | | X | X |
| | Co-participating in another weight management intervention | X | X | X | X | X | X |
| | Weight management pharmacotherapy | X | X | With clinician care | | X | X |
| | Pursuing bariatric surgery | X | X | With clinician care | | X | X |
| Technology Type | Home telehealth tablet/hub | | | | | | X |
| | Interactive Voice Response (IVR) phone call | | | | | X | X |
| | Website | | | | | X | X |
| | Mobile app | | | X | X | X | X |
| | SMS Text Messaging | | | X | | | |
| Technology Features | Length | | | 30 days | 16 weeks | 90 sessions over 18 weeks | 90 sessions over 3 months |
| | Daily Veteran use recommended | | | X | X | X | X |
| | Weight tracking | | | X | X | X | X |
| | Activity tracking | | | X | | X | X |
| | Personalized feedback | X | X | X | X | X | X |
| | References MOVE! education materials | X | X | | X | X | X |
| | Veteran can self-assign (without clinician care) | | | X | X | | |

Clinical Video Telehealth (CVT), VA Video Connect (VVC), and My HealtheVet are not virtual weight management intervention protocols, but are modes of communication that may be used singularly or in combination with prescribed virtual care.

<https://connectedcare.va.gov/sites/default/files/weight-management-clinicians-guide.pdf>



Additional Resources



2021

Online Health Resources

For Veterans interested in weight management

Department of Veterans Affairs Websites

Health Promotion and Disease Prevention
www.prevention.va.gov
Get information on healthy living topics that matter to you and link to your personal HealthLiving Assessment.

Veterans Health Library
www.veteranshealthlibrary.va.gov
Find comprehensive Veteran-focused health information with easy to read printable health sheets and videos about diseases, tests, treatments, and medications. VHL resources are available in Spanish.

MOVE! Weight Management Program
www.move.va.gov
Access resources including videos, a fillable 16-module workbook, a food and activity log, and Veteran success stories to help you eat wisely, be physically active, and manage your weight. The workbook is available in Spanish.

Nutrition & Food Services
www.nutrition.va.gov
Find Veteran and dietitian approved recipes, nutrition handouts, and food safety tips.

Stay Connected with Social Media

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www.facebook.com/VeteransHealth/

www.twitter.com/VeteransHealth

www.instagram.com/deptvetaffairs/

www.youtube.com/user/VeteransHealthAdmin
...
Official blog of the U.S. Department of Veterans Affairs
www.blogs.va.gov/VAntage/

Other Websites

USDA MyPlate: www.myplate.gov
My Health Finder: <https://health.gov/myhealthfinder>
Medline Plus: www.nlm.nih.gov/medlineplus
Move Your Way: <https://health.gov/moveyourway>
Telehealth Services: www.telehealth.va.gov/

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Veterans Health Administration

App Store



For a full listing of available apps and more detailed information, go to <https://mobile.va.gov/appstore>



MOVE! Coach Mobile
This 16-week program uses activities, worksheets, tools, and social media support to help participants reach their weight management goals.



Annie App for Veterans
Self-subscribe to the weight management protocol to receive motivational messages and prompts to track weight, daily calories, and exercise minutes to stay on track with weight management goals.



Stay Quit Coach
Create a tailored plan to quit smoking. Use interactive tools to cope with urges and receive motivational messages and support contacts to stay smoke-free.



Mindfulness Coach
Offers an information library, audio-guided mindfulness exercises, progress tracker, and customizable reminders to help you adopt mindfulness practices.



VA Tools

HealthLiving Assessment
www.prevention.va.gov/Healthy_Living_Assessment.asp

MOVE! Video Gallery
www.move.va.gov/video

Healthy Teaching Kitchen Videos
<http://bit.ly/2whCHKQ>

My HealtheVet
www.myhealth.va.gov

[https://dvagov.sharepoint.com/sites/vhancp/move/Virtual Care Training/NCP-MOVE-OnlineHealthResources.pdf](https://dvagov.sharepoint.com/sites/vhancp/move/Virtual_Care_Training/NCP-MOVE-OnlineHealthResources.pdf)

Questions

